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## Spill

Tanker loses some of its load on Hwy. 58  
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## They're off!

Complete list of the candidates in the municipal election Page 16

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### ■ TERRY FOX: Run on Sunday

## Take part in the annual cancer run

InPort News Staff

PORT COLBORNE — Just three more people, that's all Terry Fox Run organizer Nancy Salvage needs to set a Guinness world record for most people sharing their beads at the same time.

see TERRY FOX | A2

### ■ CROSSING: Historic link between Wainfleet and Pelham



WAYNE CAMPBELL, Staff Photo

Work continues on the almost \$3-million replacement of historic O'Reilly's Bridge across the Welland River. The single-lane iron bridge was removed and a new two-lane bridge will include walkway for pedestrians and lane for cyclists. It will include decorative stone work. The bridge was closed almost two years ago for safety reasons.

## Bridge set to re-open in November

WAYNE CAMPBELL  
 InPort News Staff

PELHAM — Work continues on the replacement of O'Reilly's

bridge, a historic link between Wainfleet and Pelham over the Welland River near Niagara Central Airport.

The bridge, which hasn't been in

use for almost two years, is scheduled to reopen in November.

"The work is progressing well and it looks like it's on schedule," said Mayor Dave Augustyn

Wednesday. "People in the area are excited about it. Soon those living along River Rd. will get their link back."

see BRIDGE | A2

See inside:

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## ■ TERRY FOX

# Honouring a true hero

## FROM PAGE A1

"We have 27 now ... and we can always go over," said Salvage, who's confident she'll make the target.

The head shave will be part of the annual Terry Fox Run takes place Sunday, Sept. 19 at H.H. Knoll Lakesview Park with one-, three- and five-kilometre routes. The run gets underway at 2 p.m. and the head shaving takes place at 1:30 p.m.

Salvage said people can run, walk, bike or rollerblade on the 19th.

"People can start the run whenever they want, even if they get there a half hour late."

She said one year a kid rode up on a bicycle after the ride had already started. She said the chain on his bicycle fell off and while he was fixing it, she looked up his name on the sign-in sheet and found he'd already ridden five-kilometres to the park.

"He could have just gone home, instead he dug into his pocket and pulled out what ever change he had. It's neat stuff like that, the feeling of wanting to participate, that I like being part of."

Salvage is encouraging parents and grandparents to take part in next weekend's run. She said children learn about Terry Fox in school and school participation in runs is very high.

"The kids really know who Terry is, they know he is a hero. He's a hero to me."

She said the run is a perfect opportunity for parents and grandparents to show adults know who Terry Fox is, too.

As for the head shaving itself, this will mark the fourth year it has been done at the run.

The first year, 12 people, including Salvage, had their heads shaved. In the last two years, between seven and 12 people have done it.

Salvage started planning the 30 Shave for 30 Years, as the event is being called, a year ago and contacted Guinness about it. A category was created for the most people shaving their heads at the same time.

Salvage said all those who take part have to shave their own heads.

Anyone wanting to be a part of the head shave or wanting more information on the run can contact Salvage at 905-835-0442, or nancy.salvage@sympatico.ca.



Nancy Salvage



Terry Fox During his Marathon of Hope, which took place 30 years ago.

## ■ BRIDGE



WAYNE CAMPBELL, Staff Photo

Work continues on the almost \$3-million replacement of historic O'Reilly's Bridge across the Welland River. The single-lane iron bridge was removed and a new two-lane bridge will include walkway for pedestrians and lane for cyclists. It will include decorative stone work. The bridge was closed almost two years ago for safety reasons.

## Pieces of original bridge will go to museum

## FROM PAGE A1

At the end of March, in a spectacular lift, a crane raised the old bridge, a 40-tonne iron-framed structure, off its moorings and moved it to the river bank.

Crews later dismantled the structure built in the early 1900s. Parts of the frame will go into a historical monument on the west side of the river that will tell the story of the various bridges that crossed the river.

Replacing it is a \$2.8-million flat bridge with a centre support for its deck. The bridge had an open span across the water.

Unlike the narrow, one-lane frame bridge, the new bridge

will have two lanes with cycling and pedestrian pathways.

The construction project is being done by Niagara Region, Brennan Paving Ltd. of the Miller Group, McCormick Rankin Corp. and Ellis Engineering. Just over \$500,000 worth of approach roadwork and landscaping will be done early in 2011.

The bridge was closed in January 2009 over safety concerns about the structure. The region re-routed traffic over Beckett's Bridge on Regional Rd. 24 to the west and the Webster Rd. and Lincoln St. bridge in Welland.

The flat open bridge is expected to ease crossing for motorists, pedestrians and

cyclists as well as farmers with wide equipment, who could not cross the old bridge.

Augustyn expects traffic on the bridge to increase once it opens.

"People were reluctant to use the rickety bridge."

To give it some flair and reflect its historic nature, the bridge will include decorative stone work.

Some can be seen on the sides of the bridge.

A option considered in planning the new bridge was to move it to the end of Eilingham St. in Pelham east of the current site.

However, an archaeological study found the remains of earlier native and European set-

tlements in the area. Niagara Region considered the cost of further studies too much. It was decided to leave the bridge in its current site.

Beckett's Bridge was one of a number of settlements along the Welland River. To day it links River Rd. in Pelham with Regional Rd. 27 in Wainfleet and serves the Niagara Central Airport.

Beside the bridge on the Pelham side is the E.C. Brown Conservation Area where the Niagara Peninsula Conservation Authority has a native plant demonstration and interpretation area.

wcampbell@wellandtribune.ca

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# portraits

■ **MESS:** Crews called in to clean up highway

## Corn syrup spilled



A tanker truck leaving Casco, top right, spilled some of its load on Hwy. 58 on Sept. 8. Top left, Transportation Ministry and local Miller Group workers place cones during the cleanup. **DAVE JOHNSON Staff Photo**



InPort News Staff

**PORT COLBORNE** — Talk about a sticky predicament.

Drivers found themselves amid a mess of corn syrup that spilled onto Hwy. 58 last week, prompting OPP and Niagara Regional Police to shut down Elm St. between Inverstone

and Stonebridge roads and the highway between Stonebridge and Forks roads.

At least one motorist reported driving under slippery conditions and one cyclist slid to the ground after coming into contact with the sweet solution on Elm.

Port Colborne fire Chief Tom Cartwright said a tanker truck

from Casco, on Inverstone Dr., sloshed some of its load onto streets as a result of an improperly sealed tank.

OPP officers diverted traffic from the affected areas while crews from the Ministry of Transportation and local company the Miller Group cleaned asphalt surfaces with hot water.



At left, OPP Const. Patrick Massie directs traffic after a tanker truck leaving Casco spilled some of its load on Hwy. 58 on Sept. 8. Right, Transportation Ministry and local Miller Group workers place cones during the cleanup. **DAVE JOHNSON Staff Photo**

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Published by InPort News  
Osprey Media Publishing Inc.

228 East Main Street, Welland, Ontario, L3B 5P5

Tel: 905-232-2414 Fax: 905-732-3660

inport@wellandtribune.ca

Ken Koyama, publisher, general manager

Dave Johnson, InPort News senior reporter

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## Tourview

# Building a future on green industry

**P**ort Colborne may soon be a hub for green industry.

Council recently held a special meeting to discuss the city's potential to play host to a wind energy manufacturing cluster.

Mayor Vance Badaway said after recently passing a final report regarding the Port Colborne Industrial Park Development, it's the city's intent to "move aggressively forward to market the area."

To assist with promoting the land, a team was put together, he said, creating a partnership between the city, Niagara Economic Development Corp., Upper Lakes Marine and Industrial, and Rankin Construction.

The manufacturing section of the proposed wind energy cluster development would be located between the Welland Canal and Ramey Rd., between Second and Third Concessions.

The area on the east side of the canal, south of Clarence St., would be used for lay-down and transportation.

In order to obtain the lands east of the Welland Canal, council has given staff direction to continue talks with St. Lawrence Seaway Management Corporation, which owns the property.

The area on the east side of the Welland Canal has already been used to store wind turbine parts. DMI Industries in Port Erie had a number of parts on the land this summer.

The mayor said Port Colborne is an ideal location for a wind energy cluster, because the wind energy manufacturing sectors would be able to take full advantage of the city's available lands, multi-modal transportation, location, infrastructure and Port Colborne's current industrial supply chain.

The city's location on the Great Lakes and well-established manufacturing base will make Port Colborne a "one-stop location for manufacturers of wind turbines and related components," he said.

There are "big players" in the industry, such as Samsung and Siemens, he said, who are currently scouting for new developable lands throughout the province.

We're hoping the city can make a great pitch to those big players and have one of them locate here.

All we need is one industry to come and it makes it somewhat easier to attract other green industry.

Green industry can become Port Colborne's future. Not only in pure manufacturing alone, it could be a hub for green energy education through partnering with either Brock University or Niagara College.

## ■ PETS

# Sight Hounds of Group 2-Part 3

**O**ur last three sight hounds contain the names of the countries that developed them and used them for sport hunting. We have the Irish Wolfhound, the Scottish Deerhound and the Russian Wolfhound (known now as the Borzoi).

All three breeds have an ancient Greyhound body type but there were no records kept to chart how they developed from the middle east regions to the British Isles and Russia. Again, they probably were traded or given as gifts to ancient travellers who took them back to their countries. All three breeds have denser coats to live in the harsher climates.

The Irish Wolfhound has the distinction of being the largest, heaviest and tallest of the sight hounds. They were strong and fearless to hunt the giant Irish Elk and wolves. They were used to remove all the wolves in Ireland. Later they were used on smaller game. They love to please people and prefer to live in the home with the family. They are gentle giants that love to be with children.



Sandie Bingley  
**IT'S A DOGS LIFE**

The Scottish Deerhound could only be owned by royalty that were Earls or higher. They were fearless and fast enough to hunt down deer. The Deerhound was considered so valuable that an Earl sentenced to death could trade his Deerhounds and his coat of freedom. Once deer hunting using dogs to kill them was disallowed, the Deerhounds lost popularity. They look like a smaller, slimmer Irish Wolfhound but much faster.

The Borzoi (Russian Wolfhound) was owned by Russian aristocrats for centuries. In Russia, hunting for the Royals was a big project. Along with the hunters and dogs went tents, food, servants, supplies and favoured guests.

These hunts went on for many days away from home. To travel to the areas where the wolves could be found these hunting expeditions used trains with up to 40 cars to move all the Tzar's supplies and people.

Over 100 Russian Wolfhounds would participate in these hunts. The Foxhounds would be sent out first to flush out the wolves to the open fields. Then the Borzois in groups of three were turned loose to chase down the wolves and catch and pin them to the ground till the hunters arrived. The hunters followed on horseback then would jump down and claim the wolf. It is said that the wolves were then set free. It is doubtful that this happened as Russia, at that time, was over-run with wolf packs. So it is unlikely that this was the real ending to the story for the wolves.

Now that we are finished with the Sight Hounds can you remember which of the breeds is the oldest, the fastest and the tallest?

*Scent Hounds of Group 2 - Part 1*

## ■ readers' views

### Slow down

Why is it people feel they have to put the pedal to the floor and speed everywhere to the next stop sign a couple of kilometers away? As a resident in the north end of Steele St., in Port Colborne I have noticed some days over a dozen cars will floor it for seven blocks between stop signs, all the way from Omer Ave. to Barrick Rd.

Do these idiots not realize how dangerous this can be, when at any given time of day or night children and the elderly are commonly walking on the west side of Steele St. and there are no sidewalks?

A complaint to the police has been made and they will hopefully be watching. And to those unaware, this neighborhood has several police officers living in it. So to all you who own lead feet, keep racing down Steele St., like it's a drag strip because when you hit someone you have to live with it. Oh, and thanks to the moron who sped by on an ideal.

Wednesday night killing a neighbour's cat in the process. I'm sure the owner appreciates it.

Josh Moreau

Port Colborne

### How callous

I suppose that it is admirable that our federal government is spending millions of dollars to assist the unfortunate flood victims of Pakistan.

However, how is it that our Ontario governments is treating Canadian living in Port Colborne and Port Erie so poorly by closing the emergency wards in both of their hospitals? I was not aware that these Canadians are second-class citizens.

Look at the map of southern Ontario. Can the Liberal government not see that people's lives are more important than computers in kindergarten?

What about all the money generated from the Ontario Lottery and Gaming Corp. with prize money that is way too high for one person to win.

You cannot penalize Canadian citizens in this manner just because of where they reside. It also puts more of a strain on the Welland hospital and the ambulance service. Please Minister Matthews, reverse this decision and reopen at least one of these emergency wards.

Joel L.A. Potts

Former Welland resident

### Book sale

The Canadian Federation of University Women Welland and District will be holding its 40th annual book sale on Oct. 16 at the Niagara Regional Exhibition grounds on 1100 Niagara St. Welland in Welland.

Generous donations from avid book readers are now being dropped off, collected and sorted by the CFUW members. Since 1970, the CFUW has assisted hundreds of female secondary school students entering their first year at a Canadian

university.

Due to the number of schools in the area — Centennial, E.L. Crossley, Jean Vanier, Lakeshore Catholic, Port High, Notre Dame and Eastdale — CFUW is hoping to increase its participation in scholarship granting.

We are asking for the following kinds of books, in good to pristine condition: adult fiction and nonfiction; children and teen fiction; cooking and food books; travel, leisure activity books; any collector books; good condition, recently published, popular jacketed novels; CDs and DVDs. We are not seeking text or reference prior to 2000, Reader's Digest or encyclopedias. Please call Beth Jeffrey at 905-835-2291 in Port Colborne or Lori Hayes Root 905-298-2940 in Welland to arrange for drop-offs.

The CFUW with the support of the good book buying public in Niagara region and the local media have been privileged to use the proceeds from their annual book sales for the past 40 years to assist in providing an excellent opportunity for hundreds of deserving young women in the region to gain advancements in higher education. We appreciate your assistance in helping us provide these scholarships for young women in our communities.

Please thank you in advance for your help and support.

Beth Jeffrey, Maxine Gallow, Margaret Kleimish, Lori Hayes Root  
CFUW members

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■ **MOM:** Everybody loves mom — mine was truly special

# Oh, what a lady

I miss my mom. A lot. Stefania Duma was a remarkable, majestic woman. She lived and thrived through the invasion of her native Poland by the Nazis in 1939, helping her fellow citizens until she had to leave in the '40s because the Gestapo was on to her.

It was 10 years ago last week she died. Sept. 6, to be exact.

It's not like it was a life cut short. It wasn't.

She was in her early 80s in 2000 when she got the news — she had incurable cancer. She was going to pass on within six months.

Trouble is, she was in her early 80s going on her early 60s, if you know what I mean. She still swam everyday, played tennis on occasion, doled out sagely advice whenever I called looking for it, and sometimes when I didn't. She was incredible,

not only my mom, but along with my incredible lady, my best friend. I spoke to her daily.

I was with her that fateful day at Mount Sinai Hospital in Toronto.

In fact, I was with her in the room when the young female physician gave us the news.

My mom and I both actually thought she was going in to have some gallstones removed. That's what we had been led to believe when the doctors called her in.

She had always been prone to the stones, consciously avoiding fried foods all her life.

In fact, as we left her Mississauga home for the University Avenue hospital, I had my overnight bag packed along with my mom's because I just figured I would sleep on a cot beside her hospital bed after the surgery

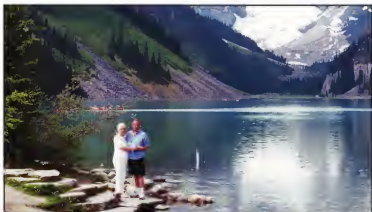
to remove the stones.

She would be in recovery for a day and then we would simply leave and head back to her home the next day. I would stay another night and then head back to Port.

That April 2000, day at Mount Sinai remains surreal.

As we were escorted into the doctor's office, my antenna went up. Something was amiss, not quite right. The receptionist who greeted us was far too polite. I understood that was her job, to be polite, but she was almost over the top, making sure our every need was looked after. I remember thinking, "She knows something that she can't share with us."

Time feeling continued in the doctor's



GEORGE DUMA InPort News Photo

Mom and I take in the beauty of Lake Louise, Alta. We were on a trip to see the Rockies, part of mom's dying wish to see the Canadian mountains one last time.

office, as we greeted the 30-something doctor who was so obviously new to doing our bad news.

Her eyes were dark.

She carried a weight on her shoulders that required her to destroy someone's tranquil existence and if she had done this before, it was

clear this was not something she had brought into when she decided to become a physician.

see MOTHER | A6

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## ■ MOTHER

# Getting through a tough time

## FROM PAGE A5

Her pre-conceived world was helping people, saving people. This was something different.

As she broke the news about pancreatic cancer, her eyes filled with tears. She didn't break down and cry, but she could have at a moment's notice.

We simply sat dumbfounded, in shock.

We went through the motions, asked the pertinent

questions, and learned the horrible truth. Six months, max.

I'm the one who asked and I still regret to this day doing so. It wasn't my question to ask. It was my mom's. And she didn't ask it. I should have kept my mouth shut. In hindsight, I don't think she wanted to know, didn't want a number. Finite would have been enough. The exact date? Not so much.

But now the time frame was out there. Six months, max.

We thanked her, we hugged her and she hugged back, strongly, as if the hug was just as much for her as it was for us. My heart actually broke for her. Definitely not what she had signed up for.

As we left her office, my mom and I found ourselves in a busy hall, in one of the busiest hospitals in the country, and we simply stopped, stood and looked into each other's eyes. We quietly

wept, hanging onto each other in an embrace that seemed to last hours but was in reality more like four or five minutes. I whispered to her how much I loved her, causing her to simply hold on tighter.

We made our way to the elevator, went down to the main lobby, and I told her I wanted to make a quick phone call on the pay phone to my lady — to let her know what was going on.

My mom adored my lady.

"Of course, call her," she replied.

After the phone call, I turned around and gave her a hurried hug and kissed her forehead.

"I'll go get the car," I said.

"Fine," she replied. "I'll wait here."

As I walked the three blocks to get the vehicle I parked in an overnight parking lot, thinking I'd be staying the night for minor surgery, my eyes filled with tears, and I cried. And cried. Only for a few minutes, maybe 10, but again, it seemed so much longer.

I drove back to the main entrance of Mount Sinai, to find my mom waiting outside, smiling.

"So, where are we going for lunch?" she asked, beaming, as she got into the car.

Startled, I looked at her with awe, astonishment, respect and oh, so much love. As always, I kissed her cheek.

"Anywhere you want," I replied. "I feel like a good steak," she said.

Steak it was.

George Duma is a resident of Port Colborne and has spent 30 years in the newspaper business. He is currently a member of the Journalism faculty at Niagara College. He welcomes comments and column suggestions and can be reached at: [gduma@cogeco.ca](mailto:gduma@cogeco.ca)



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■ **HEALTH AND WELLNESS:** City looking for more competitive bids

# Councillors reject bids Monkeys and Mayhem

MARYANNE FIRTH  
InPort News Staff

**PORT COLBORNE** — Tenders for Port Colborne's new health and wellness centre have been rejected by city council, and supported by staff, in hopes of seeing more competitive bids in the new year. The project will be re-tendered in 2011.

MHPM senior project manager Les Gamm said bids should have come in closer to numbers projected by the firm's cost consultant. Though \$33 million is available for the project, many councillors hoped to see the budget remain between \$28 million and \$29 million.

The bids, which ranged from just over \$32 million to just over \$36 million, would all have put the project well over budget with the inclusion of pre-construction costs.

There are several factors that may have contributed to the high quotes. The building's

pre-engineered steel structure design was restrictive, and limited creative options for bidders, Gamm said.

Many contractors are also in the midst of completing projects built with Infrastructure stimulus funding from upper tiers of government.

Those projects need to be completed by March 31, 2011, which makes tendering the project in January an ideal time, he said. With contractors completing the work by March, they'll want to have other projects "on the books" for spring.

Prices may have also been inflated, he said, by the amount of large projects underway in Niagara, which are absorbing trades and labour.

To help keep the project within budget, there will be some "considerable changes" to the design, which will require that the tender process to begin once again from Square 1, Gamm said.

Architect Rob Allen said the redesign will be budgeted

for \$28 million to \$29 million, with the inclusion of all the full build components.

"The design team will 'value engineer' the facility, pulling out 'about 10%' of the cost by changing certain details, such as finishes, he said. "There's no place on that building that we're not going to revisit to find that 10%."

Mayor Vance Badewey said it's "imperative" that the city move forward with the project that is "on budget with absolutely no impact to the property taxpayers."

[nfirth@wellandtribune.ca](mailto:nfirth@wellandtribune.ca)

■ **AUTHOR:** Toni Ferrara pens second children's book

WAYNE CAMPBELL  
InPort News Staff

**WELLAND** — Toni Ferrara thought it was time for a followup.

"That's why the Port Colborne author wrote *Monkeys and Mayhem*. It uses the same characters that appeared in her first children's book, *Butterflies and Birchbark*, which she released in 2006."

"The books are generally for five- to eight-year-olds, although parents like to read them to younger children," she said.

The first book is about a girl getting lost in the woods during a camping trip. She uses her initiative to find her

way back to the campsite after a few misadventures.

Ferrara sheepishly admits it came from personal experience although she was older

than the characters.

*Monkeys and Mayhem* takes the lead girl and her Grade 2 class on a trip to the Toronto zoo where, you guessed it,

they get lost again.

However, this time they use the lessons learned from the first experience to get out of it.



Toni Ferrara

Ferrara, a former bank worker and now bookkeeper, said she started to write partly because of her children.

"I used to make up stories to tell them," she said. "Then they started to ask me to repeat them."

That's when she started to jot down notes.

Writing a book was just the first part of the project, she said. Then she had to find an illustrator and a way to publish it.

For the second book, it involved family members and friends helping out as editors, illustrators and supporters.

It took four years just to bring all the people and pieces together, she said.

## Feeling a bit Constipated?

Constipation is defined as having a bowel movement fewer than three times per week. With constipation stools are usually hard, dry, small in size, and difficult to eliminate. Some people who are constipated find it painful to have a bowel movement and often experience straining, bloating, and the sensation of a full bowel.

Some people think they are constipated if they do not have a bowel movement every day. However, normal stool elimination may actually be three times a day or three times a week, depending on the person.

Constipation is a symptom, not a disease. Almost everyone experiences constipation at some point in their life, and a poor diet typically is the cause. Most constipation is temporary (thankfully) and not serious.

As a matter-of-fact, constipation is one of the most common gastrointestinal complaints in North America. More than 4 million people have frequent constipation, accounting for 2.5 million physician visits a year. Those reporting constipation most often are women and adults ages 65 and older.



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■ **MUNICIPAL POLITICS:** Plan sets out land use and policies

# Wainfleet gives the OK to new official plan

DAVE JOHNSON  
InPort News Staff

It took less than two years to complete and will shape the future of Wainfleet for decades to come.

It's Wainfleet's new official plan, which Mayor

Barb Henderson said she was happy came to the approval stage.

At a special meeting Wednesday night, aldermen gave their approval to the document.

It took 18 months from start to finish to complete, Henderson said, adding

many mayors in the region told her it would take much longer than that.

Township planner Chuck Miller said work on the official plan got underway in 2008, but before that time the township had made efforts to come up with an official plan, a lakeshore

community secondary plan and a northeast community secondary plan.

"It's quite an accomplishment for the township," said Miller, who presented the report with Paul Lowes of Sorensen Gravely Lowes Planning Associates Inc.

"Only the northeast plan was dropped in draft form in 2007 but it was never adopted."

Miller said when the terms of reference were drawn up for the Official

Plan it was decided to deal with the Official Plan



Barb Henderson

separate process and was

approved earlier this year.

Visioning workshops were held over the past year and the township received comments from many Wainfleet residents. Miller and Lowes said at one meeting there were 160 residents in attendance.

"The public had a lot of input into this," said Lowes.

The plan was released online, Miller said four more people made further representations to staff. Lowes said the comments received throughout the process were quite extensive and the consultants made their best efforts to respond to all of them.

"We made some changes ... based on some of the comments," he said, before going through parts of the report with council.

In the end, Lowes said there will be no effect on the actual physical land in the township when the plan receives all of the approval.

He said coming up with the final plan was major in terms of updating and addressing many new provincial policies put in place.

"It is a detailed plan that will give council a lot more direction when it reviews new applications."

"It updates the plan, cleans it up and makes sure it's relevant."

The new plan replaces a document that's more than 30 years old.

The bylaw for the plan will come before council for its third and final reading next Tuesday.

djohnson@wellandtribune.ca

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## ■ SENIORS IN ACTION

# Port Cares launches new program 'by and for' older adults

InPort News Staff

PORT COLBORNE — Port Cares has launched a new program called Volunteer Seniors in Action.

The volunteer organization is run by and for older adults who want to remain active and involved and contribute their community, said a release from Port Cares.

"Seniors are a vital resource with skills and abilities that are of great benefit to agencies, organizations and individuals alike. Volunteer Seniors in Action will engage older adults in volunteer service to meet the high priority community needs and enrich the life of the senior volunteer," said the release.

The project is funded in part by the federal government's New Horizons for Seniors program. One of its objectives is to coordinate wellness cafes (info sessions), which will be held in Port Colborne/Wainfleet to provide information to seniors about services available to them through various agencies and service providers. Port Cares has teamed up with Friends Over 55 Senior Centre and Centre Polyvalent des Aînés Francophones to host the wellness cafes.

The first cafe takes place Wednesday, Sept. 22, at Friends Over 55 Senior Centre, 554 Fielden, from 1 p.m. to 2 p.m. Discussion will be about a community health centre. Other topics in September include an overview of dementia and a senior motorist driving seminar and will be held at Port Colborne library and Wainfleet Arena respectively. In October, eating healthy on a budget, dementia and Alzheimer's and another driving seminar will be held at the cafes. November sees two more cafes, with one featuring a hands-on demonstration of assistive devices and ergonomic products and another on how to stay safe at home.

For more information on the dates, locations and times, contact Rachelle at 905-834-3629 ext. 262.

Other objectives of the new organization include an inter-generational component that will see retired and senior volunteers working to mentor and enrich the lives of youth at risk in the community and creating a senior volunteer pool with the goal of increasing the involvement of seniors.

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## ELECTION



WAYNE CAMPBELL Staff Photo

Frank DiBartolomeo, a candidate for mayor of Port Colborne, with his wife Sue along with family members and supporters officially open his campaign headquarters at 6 Clarence St. in downtown Port Colborne Saturday.

## Time for change says veteran councillor

WAYNE CAMPBELL  
InPort News Staff

**PORT COLBORNE** — Frank DiBartolomeo said his 16 years on council and three years on two city committees have given him the experience and insight to residents' concerns to meet the challenges of mayor.

The candidate officially opened his campaign headquarters at 6 Clarence St. in downtown Port Colborne last Saturday.

"I'm prepared to invest the next four years of my life to make this a better place to live, work and play," he said.

He told supporters he wanted to end unnecessary spending.

"I'm ready to work as a team in a transparent matter," he said.

The "Health and Wellness Centre is on the top of my priority list. I have not wavered or flip-flopped," he said.

"I support youth, all sports, seniors and a complex tailored to our needs, demographics and affordability," he said.

DiBartolomeo, 56, said the city should work to attract retirees from the Greater Toronto Area.

"Thousands of baby boomers are retiring and they could enhance the town," he said.

In an interview after his speech, he called Port Colborne a 10-unit apartment building with only four units filled.

He said retirees, who could be as young as 55, would bring more people to town as regular visitors such as family and friends.

They would increase Port Colborne's population and broaden the assessment base while attracting regular visitors who would also use local services such as restaurants.

DiBartolomeo said city council has not taken the lead in marketing Port Colborne to retirees.

"I'm prepared to invest the next four years of my life to make this a better place to live, work and play," he said.

He told supporters he wanted to end unnecessary spending. "I'm ready to work as a team in a transparent matter," he said.

The "Health and Wellness Centre is on the top of my priority list. I have not wavered or flip-flopped," he said.

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In an interview after his speech, he called Port Colborne a 10-unit apartment building with only four units filled.

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## ■ BLUE BEARS: Team ready to move on after coach's death



JOHN VESSOVAN Staff Photo  
Members of the Port High Blue Bears football team run a lap of the field during a practice Friday in Port Colborne. The Blue Bears begin the defence of their championship Sept. 23 against Thorold.

## Former coach on minds of players

JOHN VESSOVAN  
INPORT News Staff

PORT COLBORNE — On the minds of the Port High Blue Bears this year will be their former coach, mentor, leader and eternal optimist.

Chris Cairns died in August at the age of 53. Cairns took the life of the well-respected man. Before his death, Cairns was on the sidelines, coaching his Blue Bears to the league football championship last fall — It was one last shining moment for the coach and one last time his player could rejoice with him.

Cairns joined the Port High teaching staff in 1993 following stints at Fort Erie and Stamford. He attended McMaster University in Hamilton and Brock University in St. Catharines before becoming a teacher in the mid-1980s.

It's a new football season now, with new faces taking the helm of the Blue Bears football program. Coaching the team this season is Greg Rock, Dave Adamek and former Port High players Jamie Chase and Eric Pipher, who were key members of the championship-winning squad.

Rock was with Cairns last

season helping out with different aspects of the game. Saddened with the death of Cairns, Rock said the players from the 2009 campaign saw it coming and will always keep their former coach in their minds and hearts.

"We're trying to move on — we have to continue," Rock said.

On the field, the Blue Bears will be a much different looking team, as they're without some pivotal players such as Chase, Pipher and running back Casey Benson, who have all graduated. Star players moving on is nothing new to high school football, Rock said, and it's important to learn how to adjust without them in the lineup.

"You're always going to have six or seven guys graduating every year," he said.

He's hopeful that with some new talent, and those players who are returning, can elevate the Blue Bears to the same heights as a year ago.

"We're trying to keep the trophy in the case," he said, "but having that repeat performance depends on how hard the boys want to work."

Adamek has never coached

football before. He spent the summer watching lots of CFL games and going to the library and signing out as many football books as he could. Before the school year ended last spring, Cairns pulled Adamek aside and gave him some tips on running the program, which has helped the rookie coach prepare for his inaugural campaign.

"It's a big role to fill — somebody had to step up," Adamek said, pointing out that he's grateful to have Rock, Chase and Pipher to assist him.

Adamek, a Ridgeway native, is eager to get games underway and put what he's learned in the summer to use.

"I'm excited. I think we're going to have a good season."

The Blue Bears open the 2010 season in Thorold Sept. 23. On Oct. 1, they will host South Lincoln, the team they beat in the championship game. Here's the rest of their schedule: Oct. 6 at Ridgeway-Crystal Beach; Oct. 13 home to Eastdale; and Oct. 22 at West York in St. Catharines. Playoffs begin Oct. 28 and the final is set for Nov. 11.

[jvessovan@weilandtribune.ca](mailto:jvessovan@weilandtribune.ca)

April's family has lived, worked and farmed in the township for several generations, cementing her ties to the area. Living on Morgan's Point for more than a decade both April and her husband operate their businesses here. Their two sons are being raised and educated in the Township fuelling her desire to preserve Wainfleet's heritage and make it a sustainable, rural community of choice.

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*Vote for positive change...*

■ **GOLF:** Port man wins tournament

# Bouncing back with a win

QMI Agency

NIAGARA FALLS — Falling to advance out of Champion of Champions qualifying at his home course didn't sit well with Matt Graham last year.

"Not qualifying last year was just embarrassing. I maybe put a little too much pressure on myself and it was terrible. It was nice to bounce back this year and win," said the 23-year-old Port Colborne member, who carded a 36-37-73 at Beechwood last Saturday to win the men's division of the 61st Annual Walt McCallum Niagara District Champion of Champions golf tournament.

It was Graham's best Champions' result, by far, after six previous trips to the event in the junior boys and men's division.

"This is the first time I've even cracked the top six," he said.

And he exorcised his Champions' demons by avoiding any pressures.

"I tried to relax and just get out there and not worry about it.

I just went out and played and it worked," the Golf Town employee said.

It was Graham's first big victory since capturing the provincial junior boys crown in 2005.

It's a win that will provide of a much-needed dose of confidence.

Acknowledged as one of Niagara's top amateurs, Graham doesn't play in many Golf Association of Ontario events.

"I'm not sure why. I play a lot of golf but I don't necessarily practice and stuff like you should if you're going to play provincial events," he said.

Port Colborne captured the title last followed by Peninsula Lakes, Rolling Meadows, Rockway Glen and Bridgewater.

Steff Markovitch has apparently rediscovered her Champion of Champions groove.

The mathematics teacher at Lakeshore Catholic won the Champions' junior girls division from 1990 to 1992 and then went

17 years before winning the ladies division in 2009. On Saturday at Beechwood, the 35-year-old Welland resident defended her title with a fine 36-39-75, good enough for a five-shot victory over St. Catharines Golf and a Country Club's Chris Critelli (39-41-80).



Matt Graham

"It was better than my last round here. I hit the ball a lot better and I wasn't putting me in any trouble except at the end," said the Lookout Point champion, who struggled in the qualifying or at Beechwood.

It was a far different day for the former pro.

"I didn't get in any trouble other than my own head. I had a couple three putts and I was getting protective," said Markovitch, who had hip replacement surgery last November.

LARRY BOGGIO  
B.Sc., M.Sc., Ph.D. (emer)

# Ask Our Pharmacists

DONNIE EDWARDS  
B.Sc., M.Sc., Ph.D.

## Tylenol/Ibuprofen/Aspirin

There is often a great deal of confusion when it comes to over-the-counter products that contain Tylenol (acetaminophen), Aspirin (acetylsalicylic acid), and ibuprofen.

Ibuprofen and Aspirin are similar products. They are both part of a class of medications called non-steroidal anti-inflammatories (NSAIDs). They are good for treating fever, pain, and inflammation. These medications help with arthritis, dental pain, and pain from broken bones and sprains. Ibuprofen is the medication found in Advil and Motrin. There is a new medication available over-the-counter in Canada called Aleve. It is also a good anti-inflammatory medication and can be used for the above purposes.

Anti-inflammatory medications are quite effective and can often be used in place of narcotics for short term pain management. However, not everyone should be using these products, and most people should avoid daily long-term use. NSAIDs, with long-term use can cause stomach erosion, ulcers, and bleeding. For patients on warfarin they are particularly dangerous because they can further increase a patient's risk of bleeding. They can also raise patient's blood pressure and damage their kidneys.

Aspirin should not be given to children, asthmatics, or pregnant women. Some over-the-counter medications contain Aspirin and people may be unaware of this. For example, Pepto-Bismol and some other antacids contain Aspirin. If you are unsure please ask your pharmacist if certain OTCs are safe for you.

There are number of arthritis rubs and creams available. Some of these contain Aspirin and other types of NSAIDs. If you are on warfarin or have problems with your stomach you should be careful with the use of these products. They still get absorbed into your blood stream and can have negative effects.

In recent months there have been some media reports encouraging people to take 400mg of ibuprofen twice a week for its general anti-inflammatory properties. It is thought that inflammation may be involved in the formation of some cancers, such as colon cancer, therefore taking ibuprofen may play a role in helping to prevent some cancers. However, further research needs to be done in this area for confirmation of results and safety. It is also suggested that if you are at any risk for heart disease or stroke you take a daily 81mg Aspirin. Talk to your doctor if you think you could benefit from these preventative strategies.

Tylenol (acetaminophen) is used to treat pain and fever. Tylenol does not have the same anti-inflammatory properties that Aspirin or ibuprofen has but it is safer for some people to take. For patients with arthritis who can't take NSAIDs it is the next best option. Tylenol is metabolized through the liver so it is best not taken by individuals with any type of liver disease. There is also a limit to the amount of Tylenol a patient should take in a day. People should not exceed more than four grams in a day. There are many cough and cold products that contain Tylenol. Please ask the pharmacist if you are taking multiple products.

Ibuprofen and Tylenol can be taken together. Typically ibuprofen should be given every 6-8 hours and Tylenol can be given every four to six. If you have a young child with a high fever it is okay to give Motrin every six hours and the Tylenol in between. It may provide some additional benefit and keep the fever down in between doses.

In general Tylenol, and NSAIDs are safe and effective for most people. These medications work very well and can provide much comfort and relief. If you are unsure what the best product is for you, your pharmacist will be happy to help you.

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■ **NHS:** System to get back in the black

# Niagarea Region won't call for an investigation of the NHS

QMI Agency

**THOROLD** — Niagara Region isn't likely to join its member municipalities in calling for a provincial investigation of the Niagara Health System.

The Ontario Health

Coalition issued a report in May criticizing the conversion of emergency rooms in Fort Erie and Port Colborne into urgent care centres and listed a litany of complaints about ambulance gridlock, wait times for emergency

care and a lack of hospital beds. The coalition called for a provincial investigator to look into the complaints.

City and town councils in St. Catharines, Welland, Niagara Falls, Pelham, Fort Erie, Port Colborne and

Thorold have endorsed the coalition's call.

Niagara's regional councillors put off a vote on the coalition's request, however, until after NHS officials could give a official response to the report.

NHS president and CEO Debbie Sevenpiper told councillors "no other organization in the province has been reviewed as extensively as we have" in the past decade, citing six separate examples.

Sevenpiper said the NHS has committed to an independent review of health-care changes in Fort Erie and Port Colborne within two years, but she later added the constant call for investigations "undermines the confidence" of NHS employees.

With almost 60 people sitting in the audience, Port Colborne Coun. Bob

Saracino spoke at length about how the NHS hospital improvement plan is hurting residents of his community.

"The HIP is a blueprint for disaster," he said.

A motion by Saracino to support the health coalition's call for a provincial investigation was defeated 10-7 in a committee of the whole meeting Sept. 8.

The committee instead passed a motion stating another review is not necessary, but council should work with the NHS "to establish a more effective, regularized relationship" in pursuit of better health care for residents.

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## Recipe of the Week

September 17th  
to September 30th

*Our Port Country Pantries*

### Meatball Soup

Preheat oven to 350 degrees F.

1. Mix ingredients together. Shape into 24 meatballs. Place meatballs in pan, coated with non-stick cooking spray. Bake for 20 minutes or until cooked through & browned. Drain off fat.
2. In a 5 quart Dutch Oven combine ingredients. Bring to boiling, then reduce heat, & simmer covered, stirring occasionally for 30 minutes. Add meatballs & simmer 20 minutes longer or until vegetables are tender.

Makes about 2 quarts of soup.

### INGREDIENTS

- 1 1/2 lbs lean ground beef, chicken or turkey  
1 egg, slightly beaten  
3 tbsps. water  
1/2 cup Panko Bread Crumbs  
1/2 tsp. Sea Salt  
1 tbsps. Minced Onion Flakes  
1 tbsps. Parsley Flakes
- 2 cups water  
1 can (20 1/2 oz.) condensed beef broth, undiluted  
1 can (28 oz.) diced tomatoes, including juice  
1/2 cup dry onion soup mix  
2 cups sliced carrots  
1/4 cup chopped celery  
2 tbsps. parsley flakes  
1 tsp. Ground Black Pepper  
1/4 tsp. Dried Oregano  
1/4 tsp. Dried Basil  
1 Bay Leaf

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- Bay Leaves • Parsley Flakes • Panko Bread Crumbs
- Minced Onion Flakes • Dry French Onion Mix

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## ALONG THE LAKESHORE

**THURSDAY, SEPT. 23,  
30, OCT. 7 AND 14**

Preschool Story Time for ages 2-5 at the Wainfleet Township Public Library. A six-week program of stories, songs, activities and crafts runs Thursdays from 10:00 to 10:45 a.m. No fee for the program but please call 905-899-1277 to

pre-register. Each child must be accompanied by their parent/care-giver. This session's theme is Fantastic Fall.

**MONDAY, SEPT. 27**

Adult Book Club at the Wainfleet Township Public Library at 6:30 p.m. This month's selection is Labor Day by Joyce Maynard.

Please call 905-899-1277 to register as a book club member.

**THURSDAY, SEPT. 30**

Classic Book Club at the Wainfleet Township Public Library from 2:00 - 3:00 p.m. Join us for afternoon tea on the last Thursday of the month as we discuss the works of classic authors. This month's selection is Oliver Twist by Charles Dickens. Please call 905-899-1277 to pre-register your attendance.

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# SPOTLIGHT on service

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5:00 p.m. - Jazz Tots: Ages 4 to 6 - Miss Kate  
6:00 p.m. - Contemporary Lyrical - Ages 10 to 14 - Madeline  
6:00 p.m. - Rhythm Tap - Ages 6 to 10 - Miss Courtney  
7:00 p.m. - Disco Jazz - All Ages - Miss Courtney  
7:00 p.m. - Ballet Lyrical - Ages 10 to 14 - Miss Kate

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## ■ MUNICIPAL ELECTION

# Who's running where in Port Colborne and Wainfleet?

## PORT COLBORNE

**Mayor**  
Vance Badawey  
Frank DiBarbato/memo  
**Ward 1**  
David Elliott  
Nora Natter  
Dan O'Hara  
Peter Opdam  
Bill Steele  
**Ward 2**  
Casey Biko

Angie Desmarais  
Yvon Doucet  
Pierre Kountouris  
**Ward 3**  
Gary Bruno  
Frank M. Danch  
Bea Kenny  
Douglas Shibley  
**Ward 4**  
Ron Bodner  
Barbara Butters  
Kate Leigh

**Niagara Region**  
David Garrick  
Bob Saracino  
**District School Board of Niagara**  
Gregg Dame  
Michael Kamatovic  
Dave Schaubel  
**Niagara Catholic District School Board**  
John Dekker  
Dino Sicoli

**Conseil scolaire de district du centre-sud-ouest**  
Ronald Marion  
**Conseil scolaire de district catholique centre-sud**  
Jules Letourneau  
Carole Racette  
**WAINFLEET**  
**Mayor**  
Barbara Henderson

April Jeffs  
**Alderman**  
Frank De Ruyte  
Richard Dykstra  
Albert Guiler  
Ted Hassels  
Betty Kono  
Ron Kramer  
Andrew Douglas Watts  
David B. Wygatt  
**Conseil Scolaire De District Centre-Sud-Oues**

Ronald A. Marion  
**Conseil Scolaire De District Catholique Centre-Sud**  
Jules Letourneau  
Carole Racette  
**District School Board of Niagara**  
Ed Fulford  
**Niagara Catholic District School Board**  
John A. Dekker  
Dino P. Sicoli

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# RE-ELECT **BARBARA HENDERSON**

**MAYOR** *for the Township of Wainfleet*

## **A PLAN FOR OUR FUTURE:**

- Our Official Plan is a long range strategic planning tool
- Reflects community's long term vision of Wainfleet
- Ensures Wainfleet will continue to be a thriving rural and agricultural community
- Council adopted a new plan in September 2010 under my leadership
- Promotes appropriate development within hamlets and rural areas
- Foundation for new zoning bylaws
- My experience and knowledge will build on the Official Plan to take our Township into the next decade

## **OUR RURAL HERITAGE & ECONOMY:**

- Agriculture is economic backbone of Wainfleet
- Wainfleet's gross farm receipts were nearly \$38 million in 2006
- As a farmer, I understand the need to preserve agricultural land including investing in municipal drainage
- Support value-added on farm opportunities for more economic stability
- Ability to ensure agriculture remains a solid pillar of Wainfleet's economy
- Experienced voice for agriculture with Regional and Provincial governments
- Strongly support community initiatives to maintain our rural lifestyle

## **OUR COMMUNITY HEALTH CHALLENGES:**

- Contaminated groundwater problem ignored for decades
- Reality is health and safety of our neighbours, friends and family is at stake
- Do nothing is not an option
- Committed to finding a practical solution
- Solution must balance health risks in a financially responsible manner
- Remain committed to working with the experts, the Minister of the Environment and our partners to develop a workable practical solution to a very real problem
- Ensuring options are part of the solution strategy
- My experience and knowledge of this complex issue, financial tools and potential options will ensure the options work for our community



*A proven leader with  
experience to get  
the job done.*

# **MONDAY, OCTOBER 25**

*Vote for experience and an ability to dedicate full-time energy to our community.*